

PALEO & VEGAN ALMOND BUTTER BLONDIES

★★★★★

COURSE: DESSERT CUISINE: AMERICAN

KEYWORD: PALEO AND ALMOND BUTTER BLONDIES

PREP TIME: 10 MINUTES COOK TIME: 20 MINUTES

TOTAL TIME: 30 MINUTES SERVINGS: 16 CALORIES: 162KCAL

AUTHOR: MEGAN GILMORE



If you love chocolate chip cookies with a gooey, under-baked middle, this recipe is for you! It tastes like a deep dish cookie.

INGREDIENTS

- 1 tablespoon ground chia seeds
- 3 tablespoons water
- 1 cup creamy almond butter
- 1/2 cup coconut sugar
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 3/4 cup dark chocolate chips

INSTRUCTIONS

1. Preheat the oven to 350F and line a 9-inch square baking dish with parchment paper. In a large bowl combine the ground chia seeds and water, and stir well until a gel-like texture starts to form. Add in the almond butter, coconut sugar, vanilla, baking soda, and salt, and stir again until a thick batter is created. Fold in the dark chocolate chips.
2. Transfer the batter to the lined baking sheet, and use a spatula to spread it evenly into the bottom of the pan. Because the batter is so thick, you might want to use your hands to press it in. (Get them wet to help prevent sticking.)
3. Bake until the top is lightly golden, about 20 minutes, then cool completely before cutting and serving. The blondies become more sturdy as they cool. Slice into 16 squares and serve at room temperature.

NUTRITION

Calories: 162kcal | Carbohydrates: 12g | Protein: 4g | Fat: 11g | Saturated Fat: 3g | Sodium: 90mg | Potassium: 173mg | Fiber: 2g | Sugar: 6g | Calcium: 85mg | Iron: 0.7mg

<https://detoxinista.com/paleo-vegan-almond-butter-blondies/>